

## The Amidah

In class, we have been studying the Amidah. There are nineteen blessings in the Amidah. The third blessing is Kedushat Hashem. This blessing starts with יְהוָה לִי עֲזָרָה. In my own words, this prayer is about G-d's holiness and getting closer to G-d.

This blessing connects to my life because every Shabbat when I'm saying the Kedushah, I feel special and proud.

This blessing relates to the Mitzvot we have studied, שְׁמַרְתָּ יְהוָה אֱלֹהֶיךָ. Observing the Sabbath.

When we say this prayer, on Kadosh, Kadosh, Kadosh we lift our feet to get closer with G-d.

Jews from all over the world say this prayer because it's an important prayer and it's the standing - silent - personal prayer. We say the Amidah 3x a day. Learning about this prayer along with -

the Amidah has changed the way I feel b/c since I know and ~~under~~ understand it better I feel closer to G-d. Knowing that ~~everyone~~ people around the whole entire world say the Amidah makes me feel special and proud/unique.